

Saturday, December 2nd

- 6-8 p.m. ***"One Woman's Perspective on What It Is Like To Live With HIV,"*** by
Rae Lewis Thornton, special speaker at the Birmingham Civil Rights
Institute (520 16th Street North) sponsored by Jefferson County AIDS in
Minorities.
- 8-10 p.m. **Reception at the Atrium of Alabama Power for Rae Lewis Thornton**
sponsored by Jefferson County AIDS in Minorities.

Sunday, December 3rd

- 2-5 p.m. ***Deck the Halls*** sponsored by AIDS Task Force of Alabama at
Birmingham Art Association, 2318 First Avenue North.
- 3-6 p.m. ***Birmingham AIDS Outreach Art Auction*** at Space One Eleven (2409
2nd Avenue North).

**Sponsoring Organizations for The AIDS Interfaith Memorial Service on December 1
include:**

A Baby's Place of Alabama, Inc.
AIDS Education and Ministry Project
AIDS Task Force of Alabama
Alabama Hospice Organization
Birmingham AIDS Outreach
Birmingham Department of Veterans Affairs Medical Center
CareTenders
Children's Aid Society
The Family Clinic at Children's Hospital of Alabama
Jefferson County AIDS in Minorities
Jefferson County Health Department
St. George's Clinic, Cooper Green Hospital
UAB AIDS Center
UAB 1917 Clinic

World AIDS Day in Birmingham, AL

December 1 is World AIDS Day

Calendar for the week of November 27th - December 3, 1995

Monday, November 27th

- 3-5 p.m. *A Celebration of Life for Persons Living with HIV* (and their loved ones and friends). Reception. Frances Spain Hodges Building (United Way), 3600 8th Avenue South.

Tuesday, November 28th

- 7:30 p.m. *Birmingham Community Concert: Songs, Prayers, and Healing*
Temple Emanu-El, 2100 Highlands Avenue, Birmingham.
- 12-1 p.m. *Candlelighting Ceremony at Veterans Affairs Hospital Chapel* (8th Avenue and 19th Street South).
- 3:00 p.m. *"Social Security and Disability Benefits,"* Educational Seminar at Birmingham AIDS Outreach for persons living with HIV, 205 32nd Street South.
- 5:00 p.m. *"Resources Available in the Community,"* Educational Seminar at Birmingham AIDS Outreach for family members, partners, and caregivers affected by HIV, 205 32nd Street South.

Friday, December 1st (World AIDS Day)

- 9-11 a.m. *GRACE* (Giving and Receiving AIDS Compassionate Education) educational workshop for the community at the UAB 1917 Clinic, 908 South 20th Street. Call 975-9129 for reservations.
- 9-5 p.m. *HIV Antibody Testing at Miles College*, sponsored by Jefferson County AIDS in Minorities. Announcement of scholarship winners for World AIDS Day essay contest.
- 10-Noon *World AIDS Day Memorial for Former Patients at St. George's Clinic*, Cooper Green Hospital.
- 10-6 p.m. *A Care Tree* at Five Points, Southside, tying red ribbons on the tree for persons living with HIV. Sponsored by AIDS Task Force of Alabama.
- 1:50 p.m. *Tolling of the Bells by local congregations* (15 times for 15 years of epidemic)
- 6-6:30p.m. *Gathering of the Community at Brother Bryan Park* (21st Street and 10th Avenue South)
- 6:30 p.m. *Candlelight Walk from Brother Bryan Park to Baptist Church of the Covenant* (Corner of 8th Avenue South and 22nd Street).
- 7:00 p.m. *AIDS Interfaith Memorial Service* at Baptist Church of the Covenant.
- 8:30 p.m. *Electric Blanket* (a dramatic, multi-projector slide presentation of the AIDS pandemic) at Space One Eleven (2409 2nd Avenue North).
- 9:30 p.m. *"What is World AIDS Day?"* on Birmingham and Bessemer Cable, Channel 4, sponsored by the Jefferson County Health Department.



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25 PRACTICAL TIPS TO HELP THOSE FACING A SERIOUS ILLNESS

When someone we know is facing an illness, especially a serious illness, we often feel helpless. We stammer the weak phrase: "Just call if you need something" - Have you gotten a call lately? Here are some practical tips to really help someone facing an illness ... from people who have been there.

- 1 Don't avoid me. Be the friend...the loved one, you've always been.
- 2 Touch me. A simple squeeze of my hand can tell me you still care.
- 3 Call me to tell me you're bringing my favorite dish and what time you are coming. Bring food in disposable containers, so I won't worry about returns.
- 4 Take care of my children for me. I need a little time to be alone with my loved one. My children may also need a little vacation from my illness.
- 5 Weep with me when I weep. Laugh with me when I laugh. Don't be afraid to share this with me.
- 6 Take me out for a pleasure trip, but know my limitations.
- 7 Call for my shopping list and make a "special" delivery to my home.
- 8 Call me before you visit, but don't be afraid to visit. I need you. I am lonely.
- 9 Help me celebrate holidays (and life!) by decorating my hospital room or home or bringing me tiny gifts of flowers or other natural treasures.
- 10 Help my family. I am sick, but they may be suffering. Offer to come stay with me to give my loved ones a break. Invite them out. Take them places.
- 11 Be creative! Bring me a book of thoughts, taped music, a poster for my wall, cookies to share with my family and friends...an old friend who hasn't come to visit me.
- 12 Let's talk about it. Maybe I need to talk about my illness. Find out by asking me: "Do you feel like talking about it?"
- 13 Don't always feel we have to talk. We can sit silently together.
- 14 Can you take me or my children somewhere? I may need transportation to a treatment...to the store...to a doctor.
- 15 Help me feel good about my looks. Tell me I look good, considering my illness.
- 16 Please include me in decision making. I've been robbed of so many things. Please don't deny me a chance to make decisions in my family...in my life.
- 17 Talk to me of the future. Tomorrow, next week, next year. Hope is so important to me.
- 18 Bring me a positive attitude. It's catching!
- 19 What's in the news? Magazines, photos, newspapers, verbal reports, keep me from feeling the world is passing me by.
- 20 Could you help me with some cleaning? During my illness, my family and I still face: dirty clothes, dirty dishes, dirty house.
- 21 Water my flowers.
- 22 Just send a card to say "I care."
- 23 Pray for me and share your faith with me.
- 24 Tell me what you'd like to do for me and, when I agree, please do it!
- 25 Tell me about support groups like Make Today Count so I can share with others.

Saint Anthony's Hospital Make Today Count dedicates this list to all the Make Today Count members we have loved and shared with and to those who need to know...they are not forgotten.

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SAINT ANTHONY'S HOSPITAL
Make Today Count
Alton, IL

SOME IDEAS ON VISITING THE SICK

DON'TS

1. Don't sit on the bed! Don't even touch the bed!
2. Don't park in doctor or clergy spaces, unless you are.
3. Don't wake the patient without asking the nurse -- this may be the first time s/he has gotten sleep in days.
4. Don't carry emotional baggage from one room to the other. If patient A is very ill/dying, don't carry those emotions or that news to patient B, who really doesn't need to know it.
5. Don't walk in if the light is on above the door. This usually means the patient has called the nurse (bedpan, etc.)
6. Don't take a gang with you; 2 is enough.
7. Don't smoke. Most hospitals are tobacco-free these days. If you need a smoke, do it outside, please. (Especially don't smoke if there is oxygen in use -- fire hazard.)
8. Don't try to read the patient's chart. MYOB!
9. Don't try to shake hands, let the patient lead. S/he may have an IV running, or may have pain in the hand you are reaching for.
10. Don't ask "What's wrong with you?" MYOB, unless s/he shares.
11. Don't take food in, unless you have asked what the patient may have. With HIV patients, find out what they want, and what they are able to get and keep down. Don't overdo it. Most want ice cream or sherbet.
12. Don't visit an HIV patient if you are ill yourself. Their immune systems don't need your germs.
13. Don't pray with anyone without their permission. Some folk don't know or care if they are children of God; they have the idea that all religion is a trip on their heads, and they don't want yours. Ask; and when they say, "Yes," pray fervently for and with them.
14. Don't touch the equipment. Watch out for things underfoot. Don't pick up any sharps (needles, etc.), tell the nurse.
15. Don't be offended; don't get insulted; don't think s/he has an attitude problem. If you were there you'd be likely to be cranky too.

DO'S

1. Know the visiting hours; go at visiting hours.
2. Humor is a healer -- bring some fun into their lives.
3. Tell the pastor if you are visiting a church member -- s/he may not know the person is in the hospital.
4. Look like a visitor; dress up a little, walk shorts may be okay, but anything else is out of place. Remember hospitals are fairly formal places.
5. Visit the day before surgery; stay away the day of surgery. The patient is usually too groggy to care, feels too awful, and won't remember.
6. Inquire as to room number before you go up. Moves are commonplace.
7. Use correct elevator; avoid "Freight" and "Patients only."
8. Let the nurse know which patient you are visiting; there may be a reason s/he knows not to go in right then.
9. Walk softly, speak loudly enough for the patient to hear, but not the whole floor; keep the camping and giggling down. Don't whisper.
10. Know the signs:

